

Applicant(s): Harris, et al.

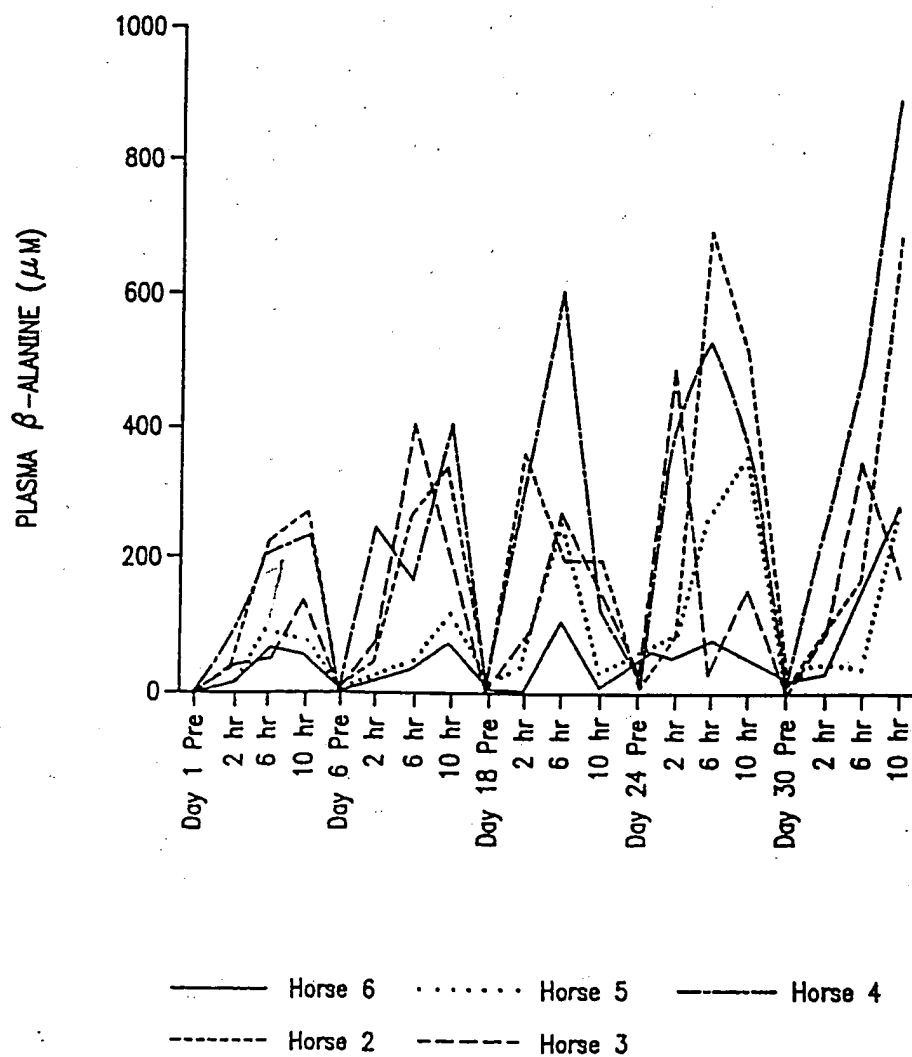
METHODS AND COMPOSITIONS FOR INCREASING THE  
ANAEROBIC WORKING CAPACITY IN TISSUES

FIG. 1

Applicant(s): Harris, et al.

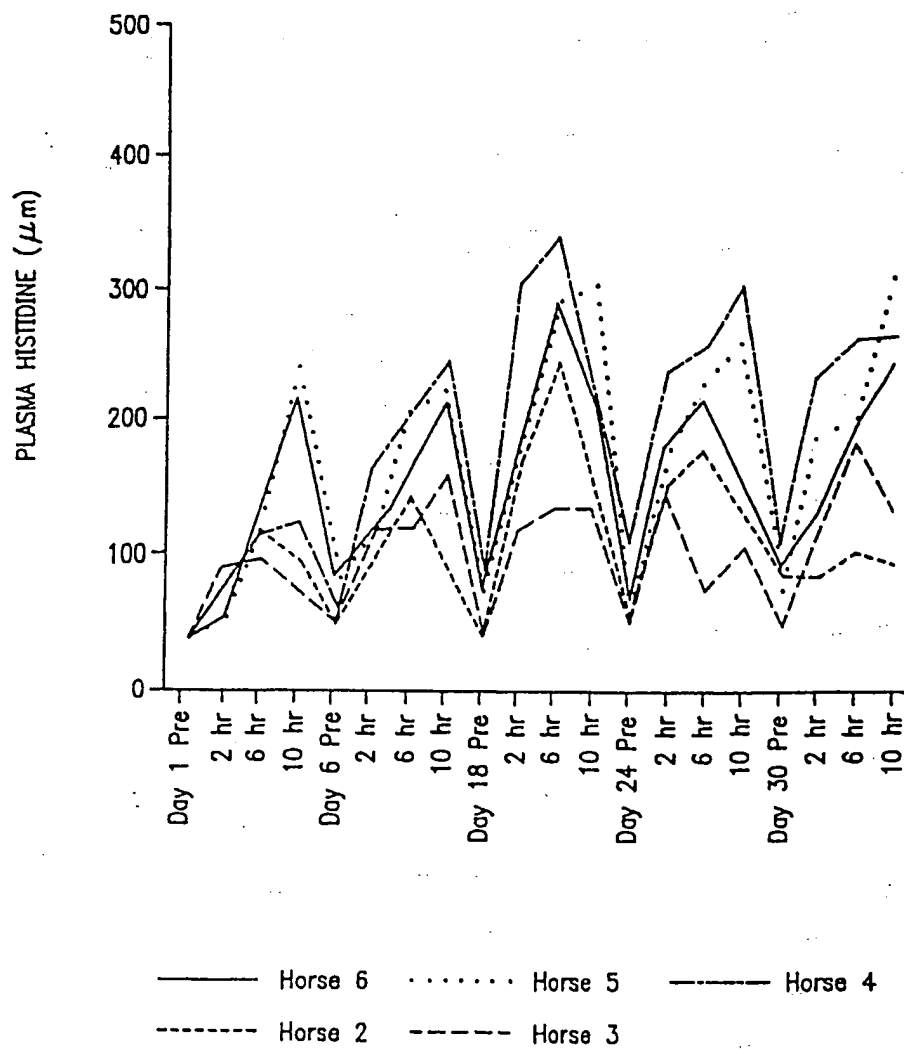
METHODS AND COMPOSITIONS FOR INCREASING THE  
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FIG. 2

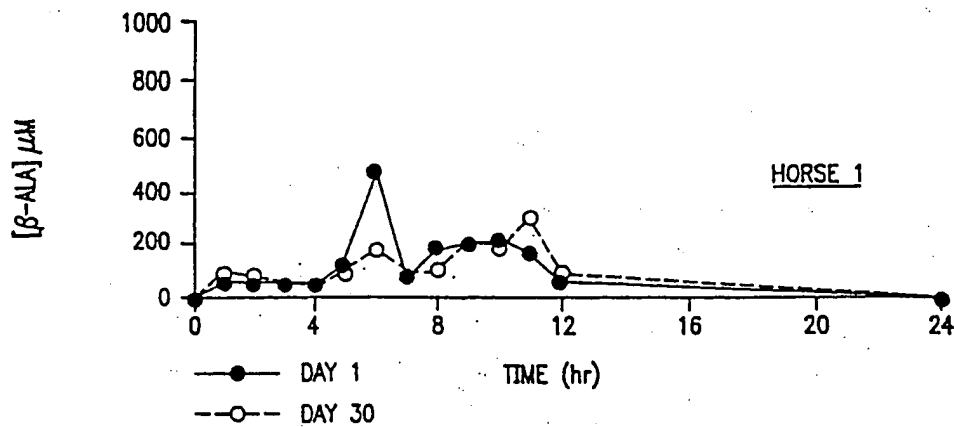


FIG. 3A

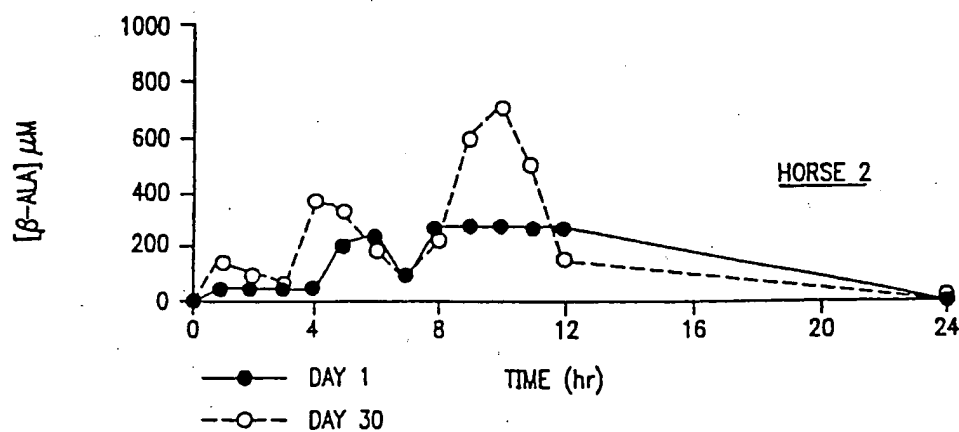


FIG. 3B

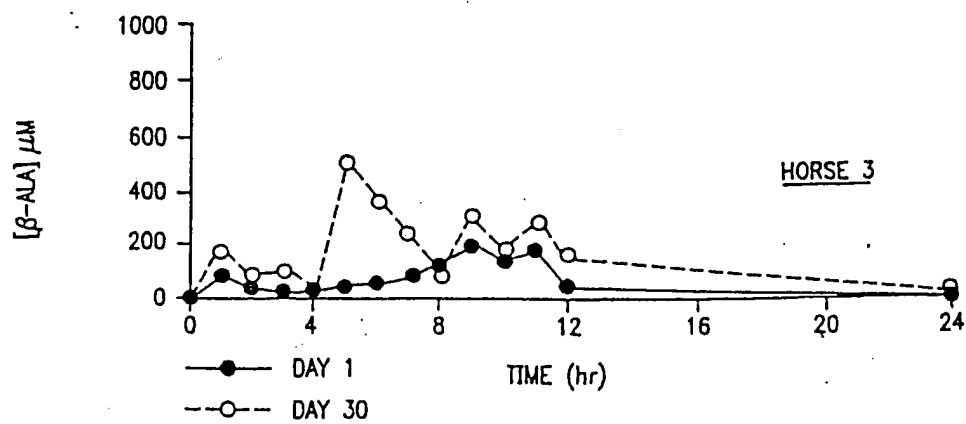


FIG. 3C

Applicant(s): Harris, et al.

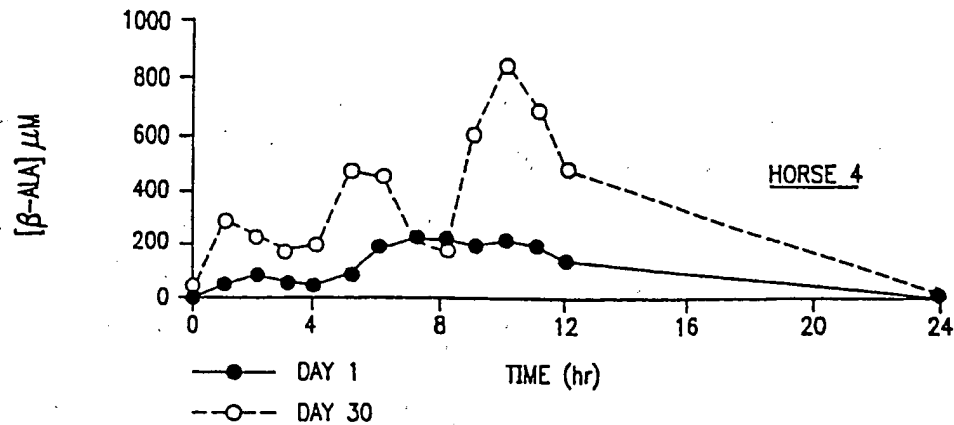
METHODS AND COMPOSITIONS FOR INCREASING THE  
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FIG. 3D

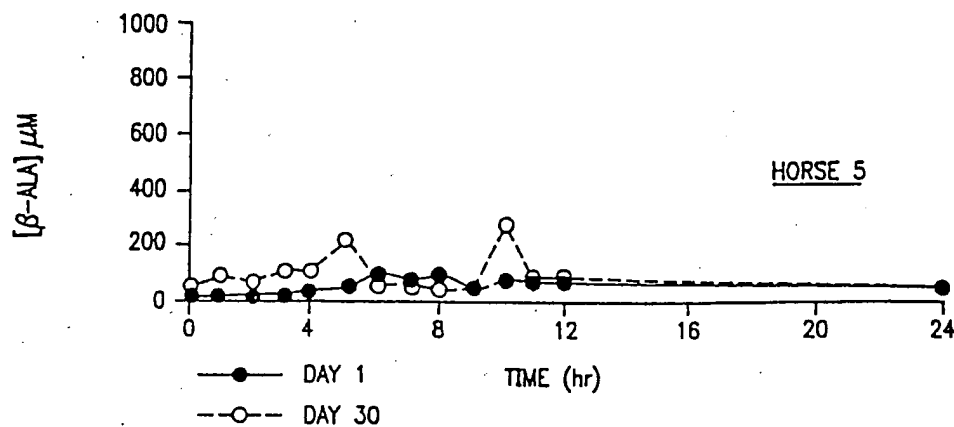


FIG. 3E

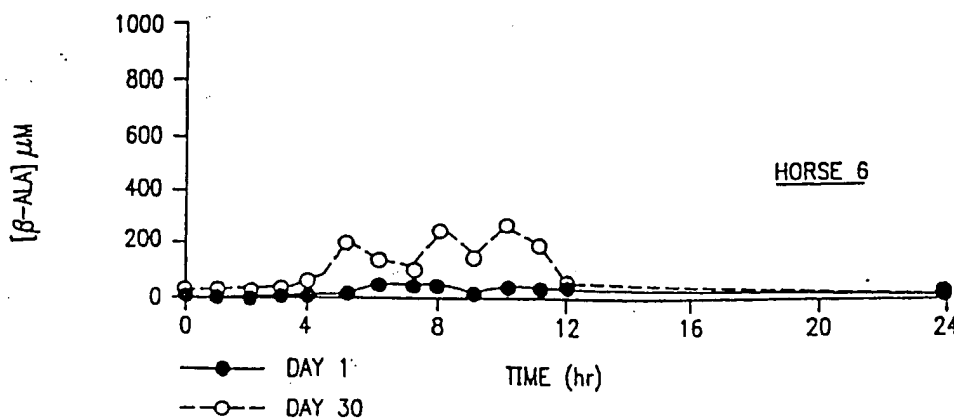


FIG. 3F

Applicant(s): Harris, et al.

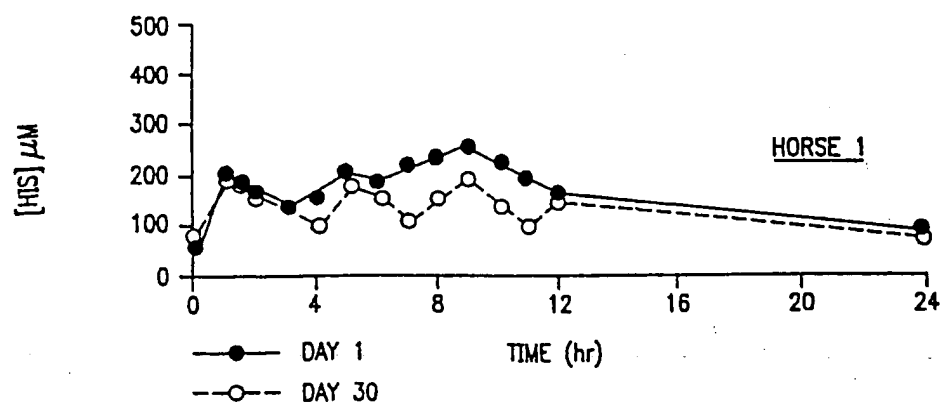
METHODS AND COMPOSITIONS FOR INCREASING THE  
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FIG. 4A

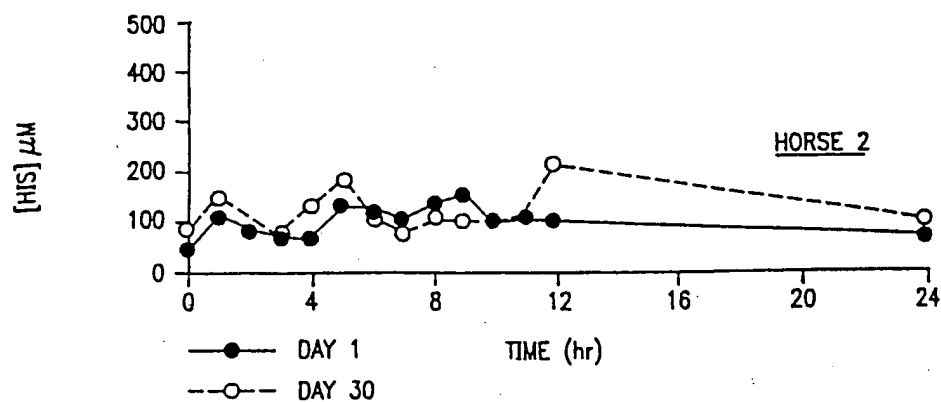


FIG. 4B

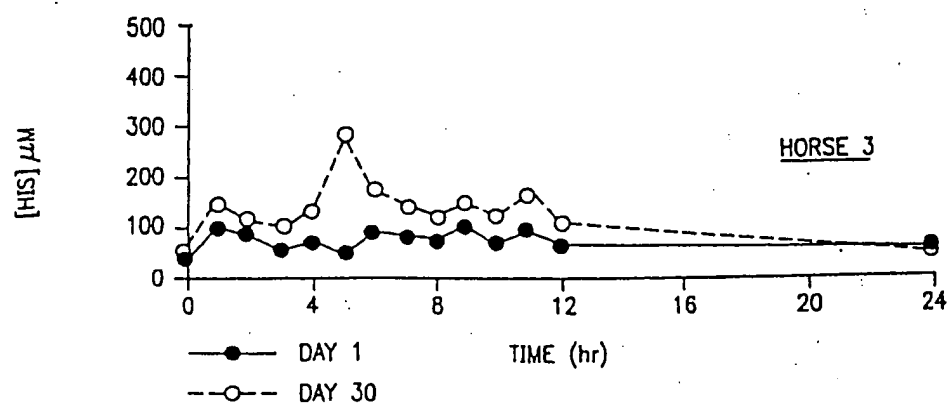


FIG. 4C

Applicant(s): Harris, et al.

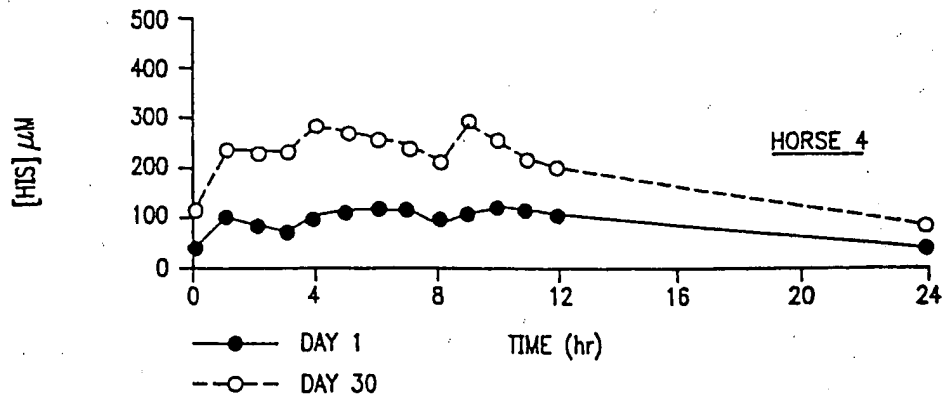
METHODS AND COMPOSITIONS FOR INCREASING THE  
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FIG. 4D

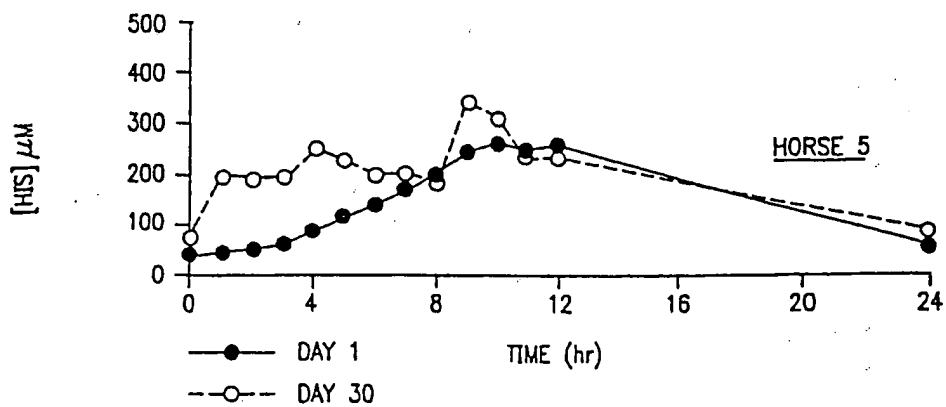


FIG. 4E

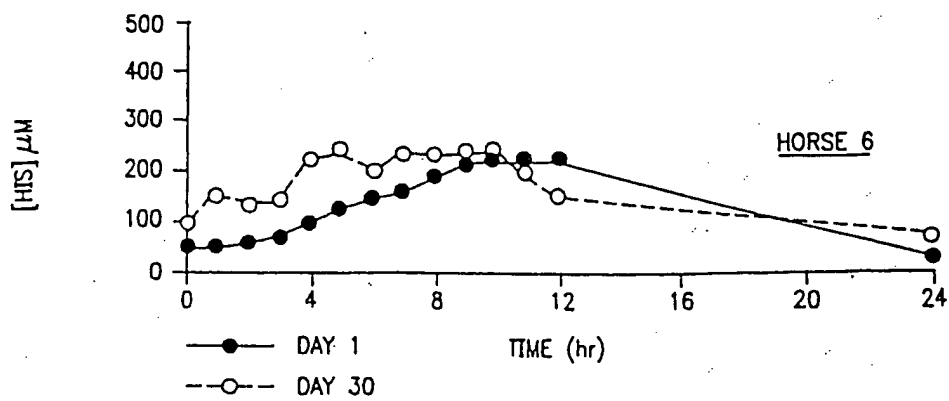


FIG. 4F

Applicant(s): Harris, et al.

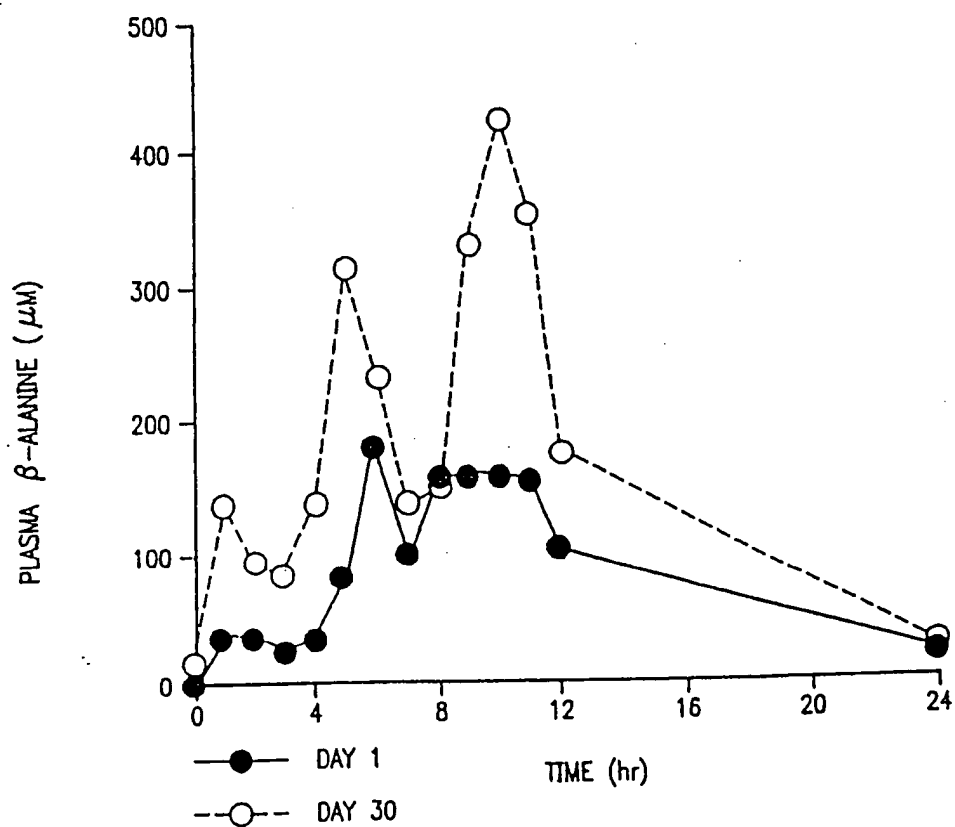
METHODS AND COMPOSITIONS FOR INCREASING THE  
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FIG. 5

Applicant(s): Harris, et al.

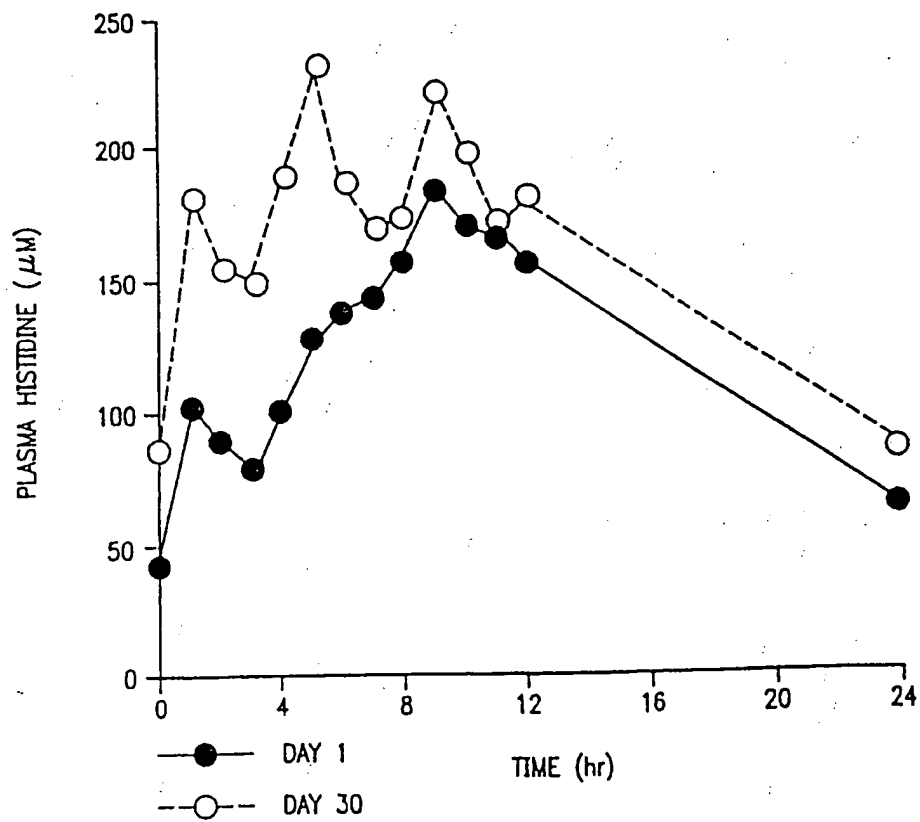
METHODS AND COMPOSITIONS FOR INCREASING THE  
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FIG. 6



Applicant(s): Harris, et al.

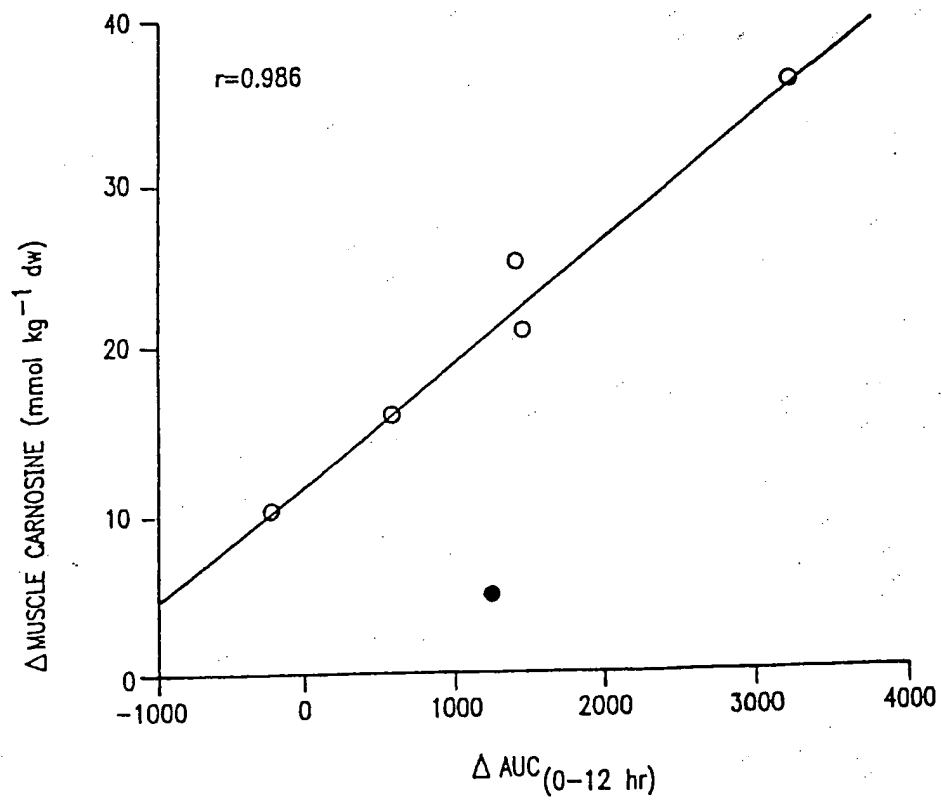
METHODS AND COMPOSITIONS FOR INCREASING THE  
ANAEROBIC WORKING CAPACITY IN TISSUES

FIG. 7

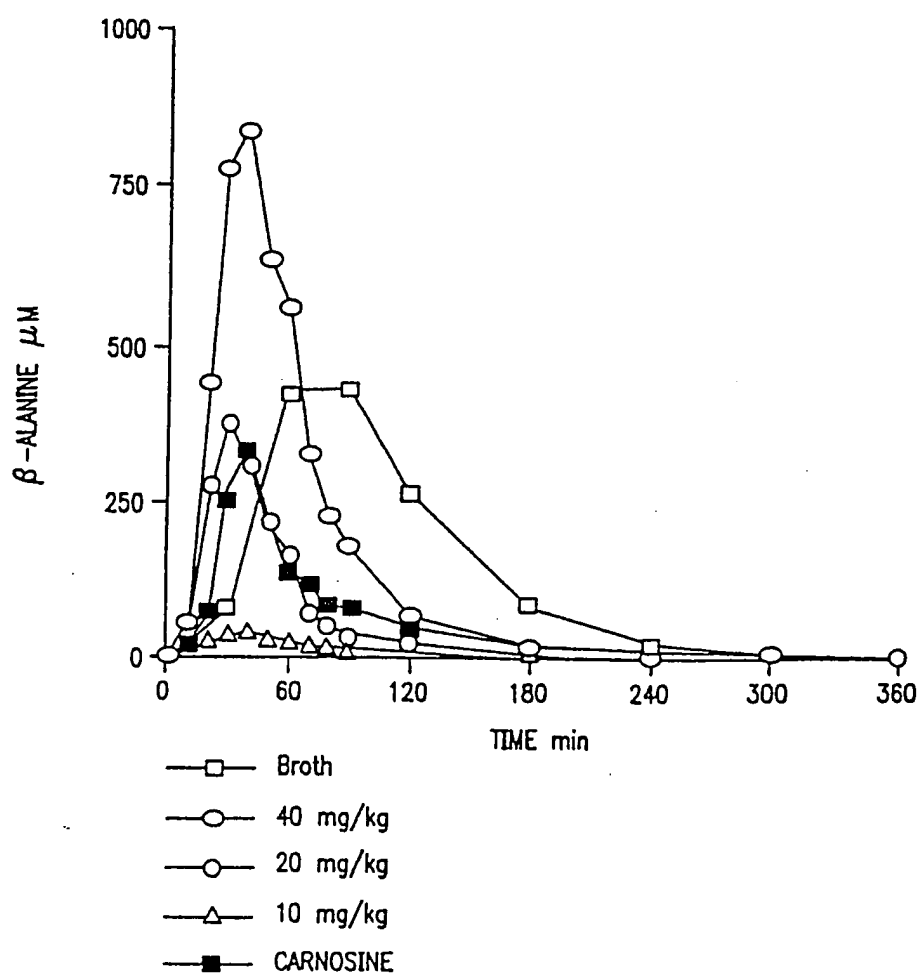


FIG. 8

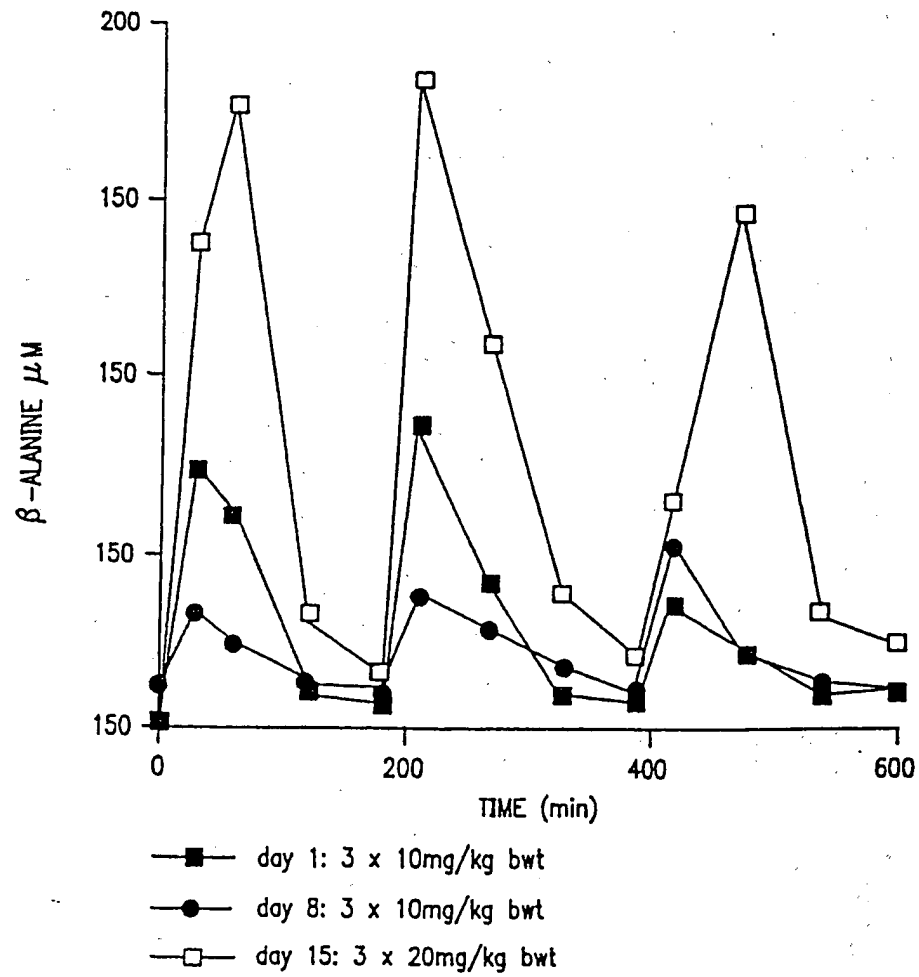


FIG. 9

Applicant(s): Harris, et al.

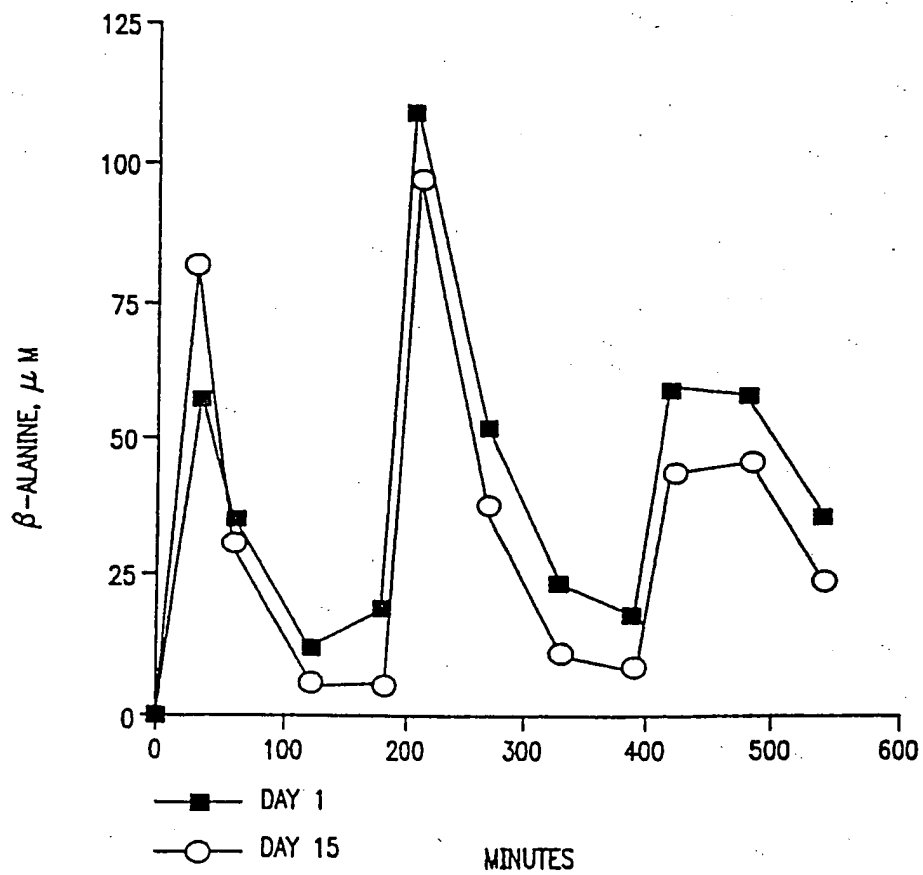
METHODS AND COMPOSITIONS FOR INCREASING THE  
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FIG. 10

Applicant(s): Harris, et al.

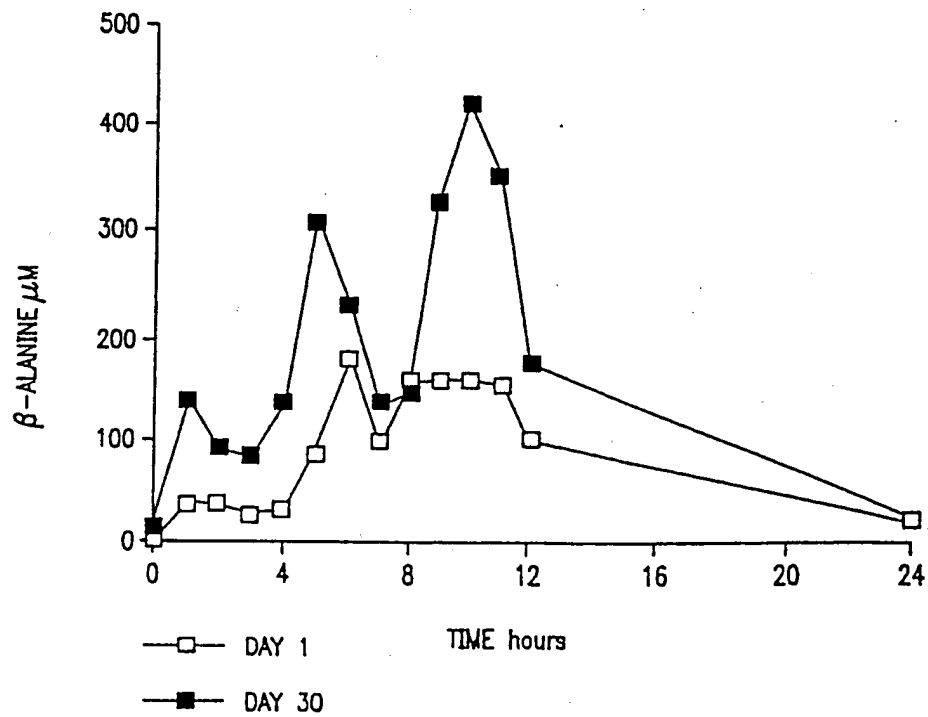
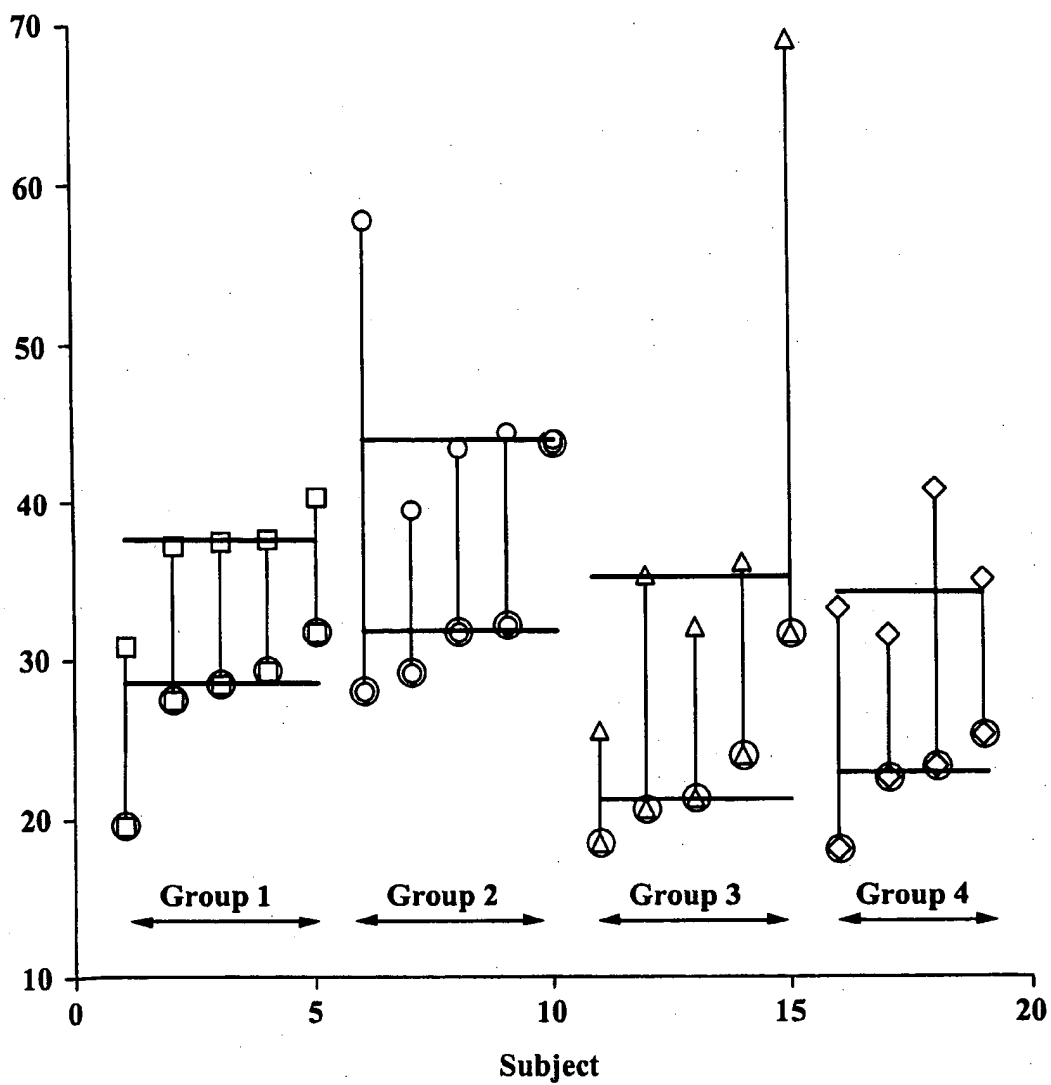
METHODS AND COMPOSITIONS FOR INCREASING THE  
ANAEROBIC WORKING CAPACITY IN TISSUES

FIG. 11

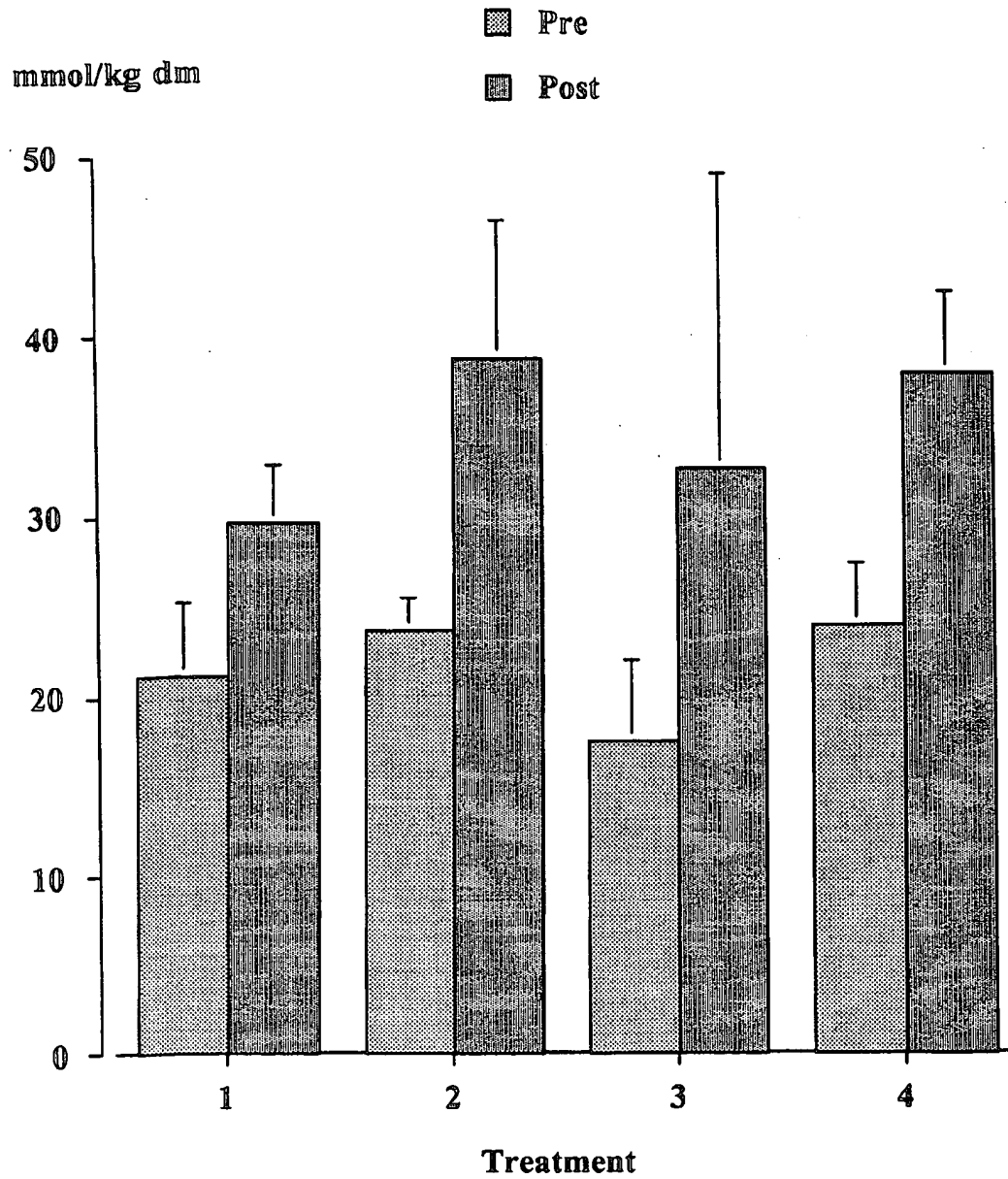
08457-002005

Figure 12

mmol/kg dm

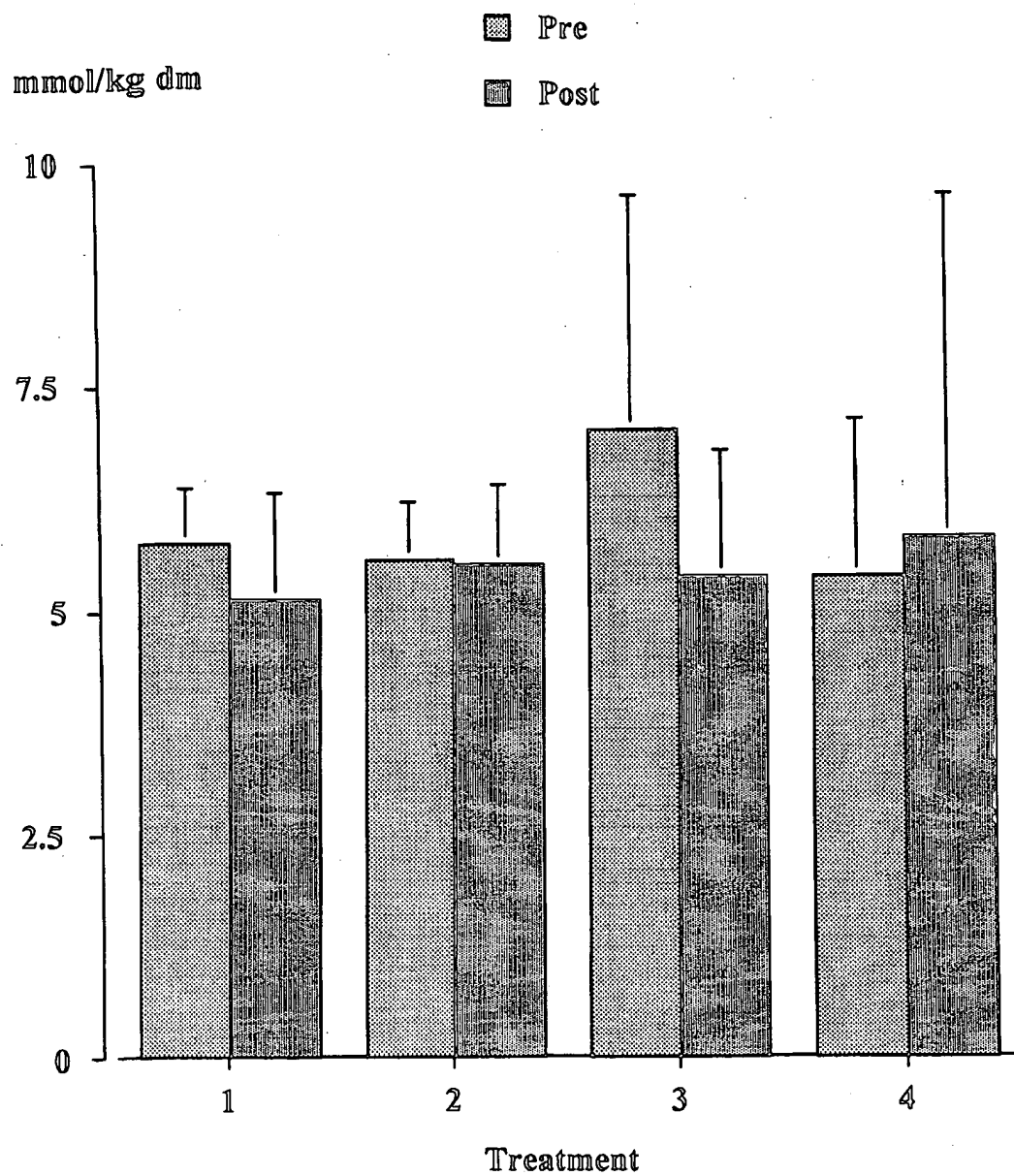


08457-002005

**Figure 13**

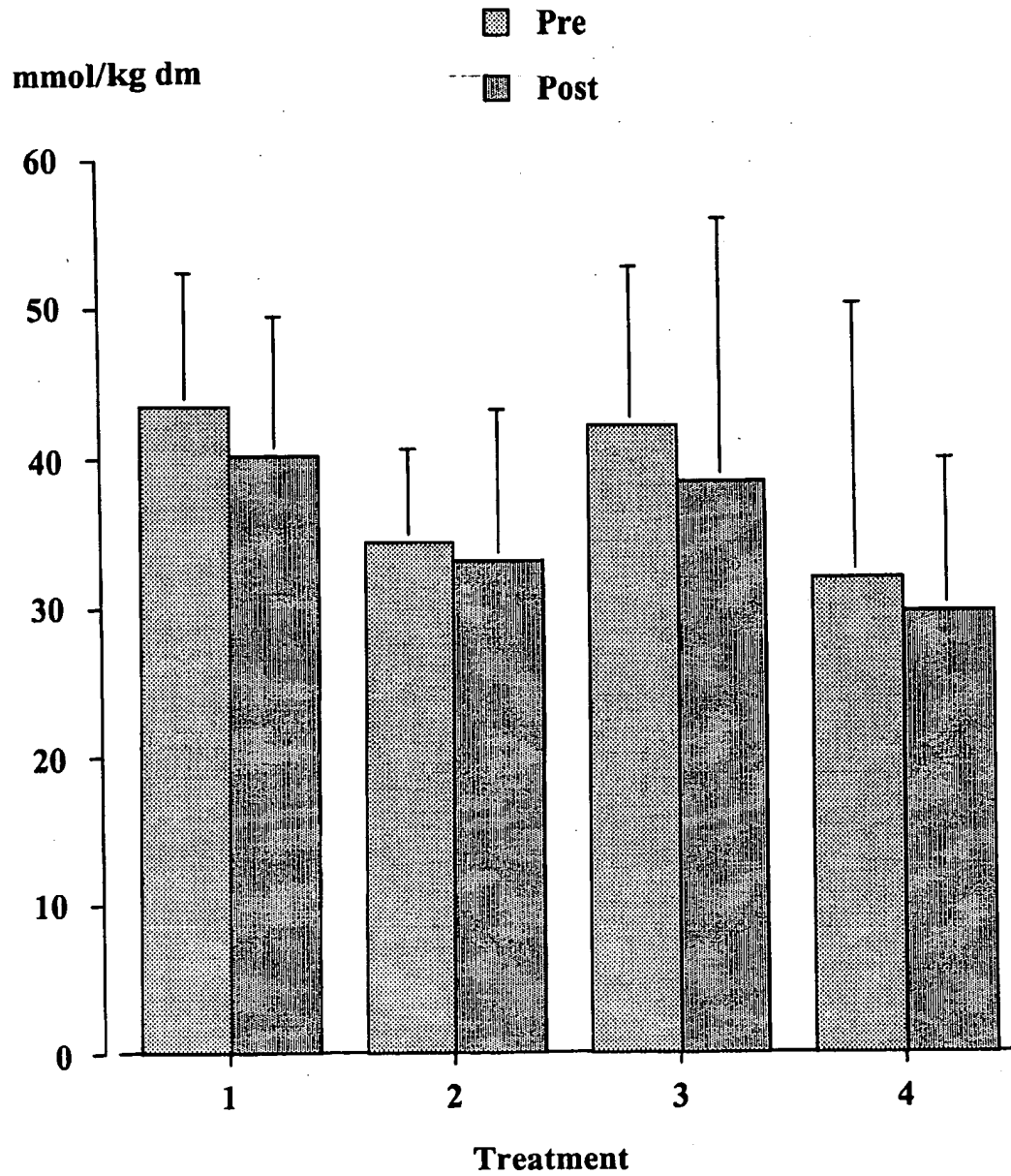
08457-002005

Figure 14





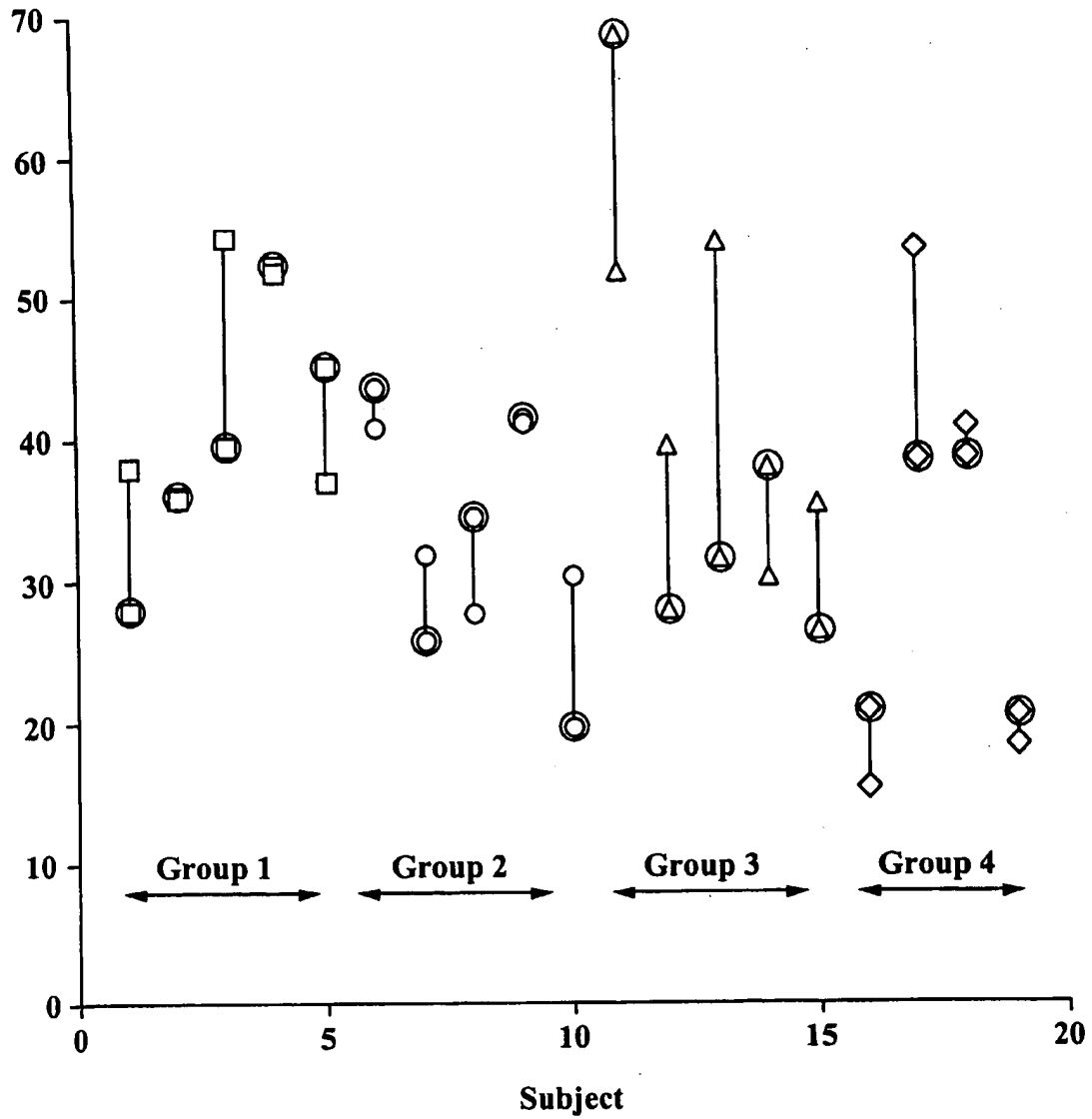
08457-002005

**Figure 15**

08457-002005

**Figure 16**

mmol/kg dm



Applicant(s): Harris, et al.

METHODS AND COMPOSITIONS FOR INCREASING THE  
ANAEROBIC WORKING CAPACITY IN TISSUES

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Figure 17

Table 9

TREAT- MENT		DOSING TIMES								AVG DOSE (mg x times)	PER DAY	
		9am	10am	11am	12noon	3pm	4pm	5pm	6pm		GIVEN	as B-Ala
1 Beta alanine (B-Ala) n = 5	Week 1		800mg		800mg		800mg		800mg	800 x 4	3.2g	3.2g
	2		800mg		800mg		800mg		800mg	800 x 4	3.2g	3.2g
	3		800mg		800mg		800mg		800mg	800 x 4	3.2g	3.2g
	4		800mg		800mg		800mg		800mg	800 x 4	3.2g	3.2g
										Total 90g B-Ala in 4W		
2 Beta alanine (B-Ala) n = 5	Week 1	800mg	400mg	400mg	400mg	800mg	400mg	400mg	400mg	500 x 8	4.0g	4.0g
	2	800mg	400mg	400mg	800mg	800mg	400mg	400mg	800mg	600 x 8	4.8g	4.8g
	3	800mg	400mg	800mg	800mg	800mg	400mg	800mg	800mg	700 x 8	5.6g	5.6g
	4	800mg	800mg	800mg	800mg	800mg	800mg	800mg	800mg	800 x 8	6.4g	6.4g
										Total 146g B-Ala in 4W		
3 Carnosine (C) n = 5	Week 1	1500mg	1500mg	1000mg	1000mg	1500mg	1500mg	1000mg	1000mg	1250 x 8	10g	4.0g
	2	1500mg	1500mg	1500mg	1500mg	1500mg	1500mg	1500mg	1500mg	1500 x 8	12g	4.8g
	3	2000mg	1500mg	1500mg	2000mg	2000mg	1500mg	1500mg	2000mg	1750 x 8	14g	5.6g
	4	2000mg	2000mg	2000mg	2000mg	2000mg	2000mg	2000mg	2000mg	2000 x 8	16g	6.4g
										Total 364g C in 4W (145g B-Ala)		